

**WHAT IS CLAIMED IS:**

1.           A serving tray comprising a planar member having a peripheral edge, a top surface dimensioned to receive a load of items and a bottom surface having a bearing portion adjacent to said edge, wherein said bearing portion is dimensioned to rest on a user's forearm and said peripheral edge has a portion with a form permitting said load to be positioned in close proximity to the user's body, thereby diminishing stress exerted by the weight of the load on the user's elbow and/or shoulder articulations.
2.           The tray of claim 1, further including a supporting member connected to said bottom surface and dimensioned for being grasped by a hand of the user in a neutral position.
3.           The tray of claim 1, wherein said planar member has a substantially triangular configuration.
4.           The tray of claim 3, wherein said triangular configuration has rounded corners.
5.           The tray of claim 3, wherein said planar member has a front portion comprising one corner, and a rear portion comprising two corners.
6.           The tray of claim 1, wherein said planar member further includes a peripheral lip.
7.           The tray of claim 2, wherein said bearing portion has a cushion member or another supporting member fixed thereto.

8. The tray of claim 2, wherein said neutral position is a position whereat the palm of the user's hand is oriented substantially vertically.
9. The tray of claim 2, wherein said supporting member is a handle extending substantially at right angle from said bottom surface.
10. The tray of claim 2, wherein said supporting member is a handle extending substantially at right angle from said bottom surface and wherein said handle is adjustably connected to said bottom surface so as to be displaced for positioning at a selected position.
11. The tray of claim 1, wherein said peripheral edge portion is formed with a recess.
12. The tray of claim 5, wherein said peripheral edge portion is formed with a recess disposed between said corners of the rear portion.
13. The tray of claim 1 in combination with a base member dimensioned to be fixed to a table or formed integrally with a table, said base member having an aperture dimensioned to receive said supporting member to thereby hold the tray and permit the user to load and unload said top surface without efforts maintaining load equilibrium on said top surface.
14. A serving tray comprising a planar member having a peripheral edge, a top surface dimensioned to receive a load of items and a bottom surface having a bearing portion adjacent to said edge, wherein said bearing portion is dimensioned to rest on a user's forearm and said peripheral edge has a portion with a form permitting said planar member to contact the user's body,

thereby stabilizing said planar member and reducing supination and pronation efforts of the user to maintain said load in equilibrium on said top surface.

15. The tray of claim 14, further including a supporting member connected to said bottom surface and dimensioned for being grasped by a hand of the user in a neutral position.

16. The tray of claim 14, wherein said planar member has a substantially triangular configuration.

17. The tray of claim 16, wherein said triangular configuration has rounded corners.

18. The tray of claim 16, wherein said planar member has a front portion comprising one corner, and a rear portion comprising two corners.

19. The tray of claim 14, wherein said planar member further includes a peripheral lip.

20. The tray of claim 15, wherein said bearing portion has a cushion member or another supporting member fixed thereto.

21. The tray of claim 15, wherein said neutral position is a position whereat the palm of the user's hand is oriented substantially vertically.

22. The tray of claim 15, wherein said supporting member is a handle extending substantially at right angle from said bottom surface.

23. The tray of claim 15, wherein said supporting member is a handle extending substantially at right angle from said bottom surface and wherein said handle is adjustably connected to said bottom surface so as to be displaced for positioning at a selected position.
24. The tray of claim 14, wherein said peripheral edge portion is formed with a recess.
25. The tray of claim 17, wherein said peripheral edge portion is formed with a recess disposed between the corners of the rear portion.
26. The tray of claim 24, wherein said recess is provided with a deformable polymeric material fixed thereto, said polymeric material is contacting the user's body.
27. The tray of claim 14 in combination with a base member dimensioned to be fixed to a table or formed integrally with a table, said base member having an aperture dimensioned to receive said supporting member to thereby hold the tray and permit the user to load and unload said top surface without efforts maintaining load equilibrium on said top surface.
28. A serving tray system comprising:
- a serving tray including a planar member having a top surface dimensioned to receive a load of items and a bottom surface having a bearing portion dimensioned to rest on a user's forearm; and
  - a stabilizing member dimensioned to be secured to the user's body at a position lower than user's elbows and to contact said

bottom surface so as to support said planar member, thereby stabilizing said planar member.

29. The tray of claim 28, further including a supporting member connected to said bottom surface and dimensioned for being grasped by a hand of the user in a neutral position.

30. The tray system of claim 28, wherein said planar member has a substantially triangular configuration.

31. The tray system of claim 30, wherein said triangular configuration has rounded corners.

32. The tray system of claim 30, wherein said planar member has a front portion comprising one corner, and a rear portion comprising two corners.

33. The tray system of claim 28, wherein said planar member further includes a peripheral lip.

34. The tray system of claim 29, wherein said bearing portion has a cushion member or another supporting member fixed thereto.

35. The tray system of claim 29, wherein said neutral position is a position whereat the palm of the user's hand is oriented substantially vertically.

36. The tray system of claim 29, wherein said supporting member is a handle extending substantially at right angle from said bottom surface.

37. The tray system of claim 29, wherein said supporting member is a handle extending substantially at right angle from said bottom surface and wherein said handle is adjustably connected to said bottom surface so as to be displaced for positioning at a selected position.

38. The tray system of claim 29, further including a base member dimensioned to be fixed to a table or formed integrally with a table, said base member having an aperture dimensioned to receive said supporting member to thereby hold the tray and permit the user to load and unload said top surface without efforts maintaining load equilibrium on said top surface.

39. The tray system of claim 28, wherein said stabilizing member comprises a brace member contacting at one end said bottom surface and connected at another end to a bracket member, said bracket member being dimensioned to be secured to the user's body.

40. The tray system of claim 39, wherein said bracket member has a slot dimensioned to receive a user's waist belt.

41. The tray system of claim 39, wherein said brace member is pivotally connected to said bracket member.

42. The tray system of claim 39, wherein said brace member is a rod.

43. The tray system of claim 39, wherein said brace member is provided at said one end with a gripping member dimensioned to contact said bottom surface.

44. The tray system of claim 29, wherein said planar member further includes a peripheral edge having a portion with a form permitting said load to be positioned in close proximity to the user's body, thereby diminishing stress exerted by the weight of the load on the user's elbow and/or shoulder articulations.

45. The tray system of claim 44, wherein said peripheral edge portion is formed with a recess.

46. The tray system of claim 29, wherein said planar member further includes a peripheral edge having a portion with a form permitting said planar member to contact the user's body, thereby stabilizing said planar member and reducing supination and pronation efforts of the user to maintain said load in equilibrium on said top surface.

47. The tray system of claim 28, wherein said planar member further includes a peripheral edge having a portion with a form permitting said planar member to contact the user's body, thereby stabilizing said planar member and reducing supination and pronation efforts of the user to maintain said load in equilibrium on said top surface and wherein said peripheral edge portion is formed with a recess disposed between the corners of the rear portion.

48. The tray system of claim 47, wherein said recess is provided with a deformable polymeric material fixed thereto, said polymeric material is contacting the user's body.

49. A method for a user to stabilize a serving tray when carrying, loading, or unloading items on said tray, the user having a body, a hand and a forearm, said method comprising the steps of:

a) providing a serving tray comprising a planar member including a peripheral edge having a portion with a form permitting said planar member to contact the body, a bottom surface and a top surface dimensioned to receive a load of said items;

b) supporting said planar member by holding a predetermined portion of said bottom surface with the hand and resting another predetermined portion of said bottom surface on the forearm; and

c) contacting the peripheral edge portion with the body, thereby stabilizing said planar member at three points of support and reducing supination and pronation efforts to maintain said load in equilibrium on said top surface.

50. The method of claim 49, wherein said peripheral edge portion is formed with a recess.

51. The method of claim 49, wherein said predetermined portion of said bottom surface is provided with a supporting member connected thereto, said supporting member being dimensioned for being grasped by the hand in a neutral position.

52. The method of claim 51, wherein said supporting member is a handle extending substantially at right angle from said bottom surface.

53. A method for a user to stabilize a serving tray when carrying, loading, or unloading items on said tray, the user having a body, an elbow, a hand and a forearm, said method comprising the steps of:

a) providing a serving tray comprising a planar member including a bottom surface and a top surface dimensioned to receive a load of said items;

b) supporting said planar member by holding a first predetermined portion of said bottom surface with the hand and resting a second predetermined portion of said bottom surface on the forearm;

c) providing a stabilizing member and securing said stabilizing member to the body at a position lower than the elbow; and

d) contacting a third predetermined portion of said bottom surface with said stabilizing member, thereby stabilizing said planar member at three points of support and reducing supination and pronation efforts to maintain said load in equilibrium on said top surface.

54. The method of claim 53, wherein said first predetermined portion of said bottom surface is provided with a supporting member connected thereto, said supporting member being dimensioned for being grasped by the hand in a neutral position.

55. The method of claim 54, wherein said supporting member is a handle extending substantially at right angle from said bottom surface.

56. The method of claim 53, wherein said stabilizing member comprises a brace member contacting at one end said bottom surface and connected at another end to a bracket member, said bracket member being dimensioned to be secured to the user's body.

57. The method of claim 56, wherein said bracket member has a slot dimensioned to receive a waist belt.

58. The method of claim 56, wherein said brace member is pivotally connected to said bracket member.

59. The method of claim 56, wherein said brace member is provided at said one end with a gripping member dimensioned to contact said bottom surface.

60. A method for a user to carry items on a serving tray and unload said items therefrom, the user having a body, a hand and a forearm, said method comprising the steps of:

a) providing a serving tray comprising a planar member including a top surface having a load of said items thereon, a bottom surface and a supporting member connected to a first predetermined portion of said bottom surface, said supporting member being dimensioned for being grasped by the hand in a neutral position;

b) supporting said planar member by grasping said supporting member with the hand and resting a second predetermined portion of said bottom surface the a forearm;

c) carrying said tray from a first location to a second location whereat is disposed a table having a base member comprising an aperture dimensioned to receive said supporting member;

d) placing said supporting member into said aperture to thereby hold the tray; and

e) unload said top surface without efforts of maintaining load equilibrium on said top surface.

61. The method of claim 60 further comprising the steps of:

c') providing a stabilizing member and securing said stabilizing member to the body at a position lower than elbows; and

c'') contacting a third predetermined portion of said bottom surface with said stabilizing member, thereby stabilizing said planar

member at three points of support and reducing supination and pronation efforts to maintain said load in equilibrium on said top surface.

62. The method of claim 61, wherein said stabilizing member comprises a brace member contacting at one end said bottom surface and connected at another end to a bracket member, said bracket member being dimensioned to be secured to the user's body.

63. The method of claim 62, wherein said bracket member has a slot dimensioned to receive a waist belt.

64. The method of claim 63, wherein said brace member is pivotally connected to said bracket member.

65. The method of claim 62, wherein said brace member is provided at said one end with a gripping member dimensioned to contact said bottom surface.

66. The method of claim 60, wherein said supporting member is a handle extending substantially at right angle from said bottom surface.